ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 11| Issue: 11| November 2025|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2025: 8.691 || ISI Value: 1.188

ROLE OF *JANU VASTI* IN *SANDHIGATA VATA* A REVIEW

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ABSTRACT
Background: *In Ayurveda Sandhigata Vata caused by aggravation of Vata having features Shula,Shoths,Stambha,Asthisabda is closely co-related with OA in modern science. Modern medicine focuses on symptom management while Ayurvedic therapy offers a holistic approach, with Janu Vasti being a key intervention.* ***Objective:*** *To evaluate the therapeutic potential of Janu Vasti in managing Sandhigata Vata (knee OA), with emphasis on its Ayurvedic principles, procedure, pharmacological basis, and clinical outcomes.* ***Materials and Methods:*** *A detailed review was conducted using classical Ayurvedic texts and modern medical literature accessed through databases such as Pubmed, Google Scholar, and Medline. The procedure of Janu Vasti, its mode of action, and the pharmacodynamics of medicated oils were critically examined.*
Results: *Janu Vasti, involving the localized application of warm medicated oils such as Mahanarayana Taila, Sahacharadi Taila.*
KEYWORDS : *Janu vasti, Sandhigata vata, osteoarthritis*

INTRODUCTION
The knee joint is a commonly affected site in musculoskeletal disorders due to its weight-bearing function. In *Ayurveda*, the condition affecting this joint due to aggravated *Vata* is termed *Sandhigata Vata,* with symptoms such as *Shula*(pain),*Shotha* (swelling), Stambha (stiffness), and Asthishabda(crepitus)1. These symptoms closely resemble those of osteoarthritis (OA), a degenerative joint disorder affecting millions globally[2].

OA is a chronic degenerative joint disorder marked by gradual loss of articular cartilage, subchondral bone remodeling, osteophyte formation, and joint space reduction, leading to pain, stiffness, and limited joint function . Conventional medicine provides symptomatic relief, often leading to joint replacement in severe cases. *Ayurvedic* therapies like *Janu Vasti* offer an integrative approach, aiming not only for symptoms control but also restoration of joint homeostasis.

AIM & OBJECTIVE
To study the role of *Janu Vasti* in *Sandhigata Vata*

MATERIALS & METHODS
References concerning *Sandhigata Vata* were systematically compiled from authoritative Ayurvedic Samhitas and supported by contemporary scientific literature. In addition, reputable online databases such as Google Scholar, Medline, and PubMed were utilized to critically review and analyze the documented therapeutic interventions and management approaches for *Sandhigata Vata* or Osteoarthritis (OA).

Ayurvedic Perspective of *Sandhigata Vata*
According to *Charaka Samhita* and *Ashtanga Hridaya*, *Vata dosha*, when vitiated due to improper diet, aging, overexertion or trauma, lodges in the *Sandhi* (joints), resulting in *Sandhigata Vata*[1,2]. The classical symptoms include:
- *Sandhishu Shula* (joint pain)
- *Sandhishu Shotha* (swelling)
- *Stambha* (stiffness)
- *Akunchana Prasarana Vedana* (pain during extension/flexion)
- *Athishabda* (crepitus)

Pathologically, this is due to *Rukshata* (dryness), *Shunyata* (joint space void), and *Dhatukshaya* (tissue degeneration), facilitating aggravated *Vata* to settle in joints.

Modern Correlation: Osteoarthritis
Osteoarthritis is the most common joint disease, especially in the elderly. It causes significant functional limitation and reduced quality of life. Radiologically, OA is graded using the Kellgren–Lawrence scale[3]. Pathological features include:
- Cartilage thinning and erosion
- Subchondral bone sclerosis
- Osteophyte (bone spur) formation
- Synovial inflammation[4]
- There is no curative treatment in modern medicine for OA; therapies aim to relieve symptoms and maintain joint function.

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Janu Vasti: Definition and Clinical Relevance

Janu Vasti is an *Ayurvedic Panchakarma* procedure involving the retention of warm medicated oil over the knee joint within a dough reservoir. It is used to treat:

- *Sandhigata Vata* (OA knee)
- Ligament and meniscus injuries
- Chronic knee pain syndromes
- This therapy combines the benefits of *Snehana* (oleation), *Swedana* (sudation), and *Brimhana* (nourishment), which directly counteract the *Vata*-aggravated pathology in OA.

Poorva karma

They include-

(a) Preparation of materials
(b) Preparation of patients

Materials Required:

1. Medicated oils*: Mahanarayana Taila, Sahacharadi Taila, Rasnadi Taila*
2. Black gram dough (to form the reservoir)
3. Heating device to warm oil
4. Cotton, muslin cloth, towels

- Black gram flour is thoroughly blended with hot water to prepare a thick dough.
- About 1–2 tablespoons of the flour are mixed separately with water to make a smooth paste.
- The prepared dough is molded into a structure approximately 3 inches in height and 1 inch in width, with sufficient length to form a ring enclosing the target area.
- The knee joint is fully exposed, and any hair in the area is cleanly shaved.The patient is then comfortably positioned on a *Droni* table in the supine position for the procedure.

Pradhāna Karma

- The knee joint area is thoroughly cleansed, and the flour dough is applied and fixed along the demarcated line around the joint to form a leak-proof ring.
- The structure is reinforced by pressing and sealing properly with the flour paste to prevent oil leakage.
- Warm medicated oil *(Taila)* is then poured into the ring until it reaches approximately 2 inches above the skin surface, ensuring uniform distribution.
- The oil is retained in place for about 10 minutes initially.
- The temperature of the oil is maintained throughout the procedure by occasionally removing some oil with cotton and replacing it with an equal amount of freshly warmed oil.
- The medicated oil *(Taila)* should be replaced with fresh oil every 4 days.
- The total duration of the treatment ranges from 30 to 45 minutes, depending on the patient's condition and tolerance.

Paścāt Karma

- After the prescribed duration, the oil is carefully removed, and the area is cleansed with a clean, dry cotton towel.
- The patient should remain in the same posture for about 45 minutes after completion of the procedure.
- The patient is advised to take a light meal and drink lukewarm water following the therapy.

PRECAUTION

- Avoid excess heating of the oil since it may cause burning.
- Paste the bund well to avoid leakage.
- Do not move the joint during the procedure
- Treatment is repeated daily for 7–21 days.

Pharmacological Action of Medicated Oils

- ✓ *Mahanarayana Taila*: Contains *Vata*-pacifying herbs like *Bala, Ashwagandha*, and *Dashamoola*; known for analgesic and anti-inflammatory action[5].
- ✓ *Sahacharadi Taila*: Strengthens ligaments and muscles; reduces pain and stiffness.
- ✓ *Rasnadi Taila*: Useful in deep-seated *Vata* disorders and inflammatory conditions[6].

These oils are rich in lipid-soluble phyto-compounds that penetrate tissues and pacify *Vata Dosha* while nourishing degenerative tissues.

Mode of Action of *Janu Vasti*

In Janu Vasti, medicated oils penetrate the skin due to their lipid-based nature, which matches the phospholipid structure of cell membrane.

The application of lukewarm oil elevates the temperature in the targeted area, which promotes vasodilation and enhances blood circulation. This increased flow provides essential oxygen and nutrients while facilitating the removal of harmful free radicals associated with various ailments. This therapy also exerts a calming effect due to its anti-inflammatory properties, analgesic effects, and muscle relaxant capabilities. Furthermore, it encourages muscle relaxation and optimizes muscle performance, as the improved blood supply creates ideal conditions for muscle contractions. This treatment nourishes the muscles, bones, nerves, and cartilage, lubricates the joints, and helps prevent the degeneration of the knee joint through its therapeutic properties and techniques.

A. *Snehana* (Oleation):Facilitates the entry of active herbal ingredients into the tissues through transdermal absorption. It lubricates the joint and supports synovial fluid regeneration.
B.*Swedana* (Fomentation):Heat dilates blood vessels, enhances circulation, and reduces inflammation, stiffness, and pain.
C. *Vata Shamana*:Warm oil with Vata-pacifying herbs calms the aggravated *Vata* locally.

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D. *Brimhana* (Tissue Nourishment):The nourishing effect restores *Asthi* (bone) and *Majja Dhatu* (marrow), improving joint strength and integrity.
E. Anti-inflammatory Action: Many ingredients in the oils inhibit inflammatory mediators like prostaglandins, contributing to pain relief without the side effects of NSAIDs[7].

DISCUSSION

Sandhigata Vata, if untreated, leads to progressive degeneration of the knee joint, impaired mobility, and disability. *Janu Vasti* offers a local therapeutic solution targeting the root causes as understood in Ayurveda — *Vata* aggravation and *Dhatukshaya*.

Modern science acknowledges the role of inflammation, cartilage wear, and mechanical stress in OA. *Janu Vasti*, through its multi-dimensional mechanism, addresses pain, stiffness, swelling, and degeneration. Its thermotherapy component relaxes tissues and improves circulation. The oleation rejuvenates joint structures, possibly slowing or even reversing cartilage damage in early stages.
Several clinical studies affirm its efficacy:
Shukla et al. (2011): Reported 55% pain reduction and improved knee function after 21 days of *Janu Vasti* with *Mahanarayana Taila*[8].
Sharma and Choudhary (2014): Found improved WOMAC scores and better patient outcomes when *Janu Vasti* was combined with *Panchatikta Kshira Basti*[9].

Bhalerao et al. (2020): Demonstrated reduction in pain scores from 8 to 3 using *Sahacharadi Taila* in 14 days[10].
Joshi et al. (2019): Noted improvements in range of motion and reduction in swelling with *Rasnadi Taila Janu Vasti*[11].
Thus, *Janu Vasti* is effective not only symptomatically but also functionally, improving the patient's quality of life. It is especially beneficial in patients who cannot tolerate NSAIDs or are unfit for surgery.

Contraindications of Janu Vasti

- Acute infection or trauma in the knee
- Local wounds or ulcers
- Thrombosis or systemic fever
- Chronic sinusitis
- Extreme fatigue
- Hemorrhagic disorder
- In heart- related disorders
- Diarrhoea
- Chronic Rheumatoid arthritis
- Vriddhi Pitta,Kapha and Ama condition

CONCLUSION

Janu Vasti is a safe, effective, and holistic *Ayurvedic* treatment for *Sandhigata Vata* (knee osteoarthritis). It alleviates symptoms, restores function, and nourishes degenerative tissues through *Vata* pacification and rejuvenation. Supported by classical texts and clinical trials, it stands as a promising alternative or complementary therapy to conventional OA management. Early application and integration with internal herbs and *Rasayana* therapy can offer long-term benefits and prevent disease progression.

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